



# PROGRAM

Union EAP's Couples Coaching Program was created for married couples and domestic partners, using the **Prepare/Enrich** modality to provide assessments and structure.

Information shared during Couples Coaching is handled in accordance with Union EAP's confidentiality policies and applicable privacy regulations. Coaching records are maintained for program documentation purposes and are not medical or psychotherapy records.

Our Couples Coaching Program is developmental and educational, while therapy, by contrast, is a clinical service that addresses diagnosable mental health conditions, trauma and psychological disorders. Union EAP's couples coaching does not provide therapy and does not establish a therapist-client relationship.

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## PARTICIPANT RESPONSIBILITIES

- **Respect & Communication**
- **Commitment to the Process**
- **Boundaries of the Coaching Role**
- **Shared Responsibility**
- **Emotional Safety**

# PREPARE/ENRICH

Please reach out to our Director of Clinical Operations directly to provide any feedback regarding this program:

 (520) 457-7713  [care@unioneap.com](mailto:care@unioneap.com)

Grounded in decades of empirical research and built upon well established relationship theories, this program covers:

- Communication
- Personalities
- Conflict Resolution
- Finances
- Stress
- Partner style / habits
- Leisure activities
- Relationship roles
- Money management
- Religious / spiritual beliefs

The assessment evaluates key relationship factors, such as communication, conflict resolution, financial management, emotional connection, roles, expectations, stress, and overall relationship dynamics.

**No matter what stage of life you are in, we will meet you where you are, asking critical questions to set you up on a path of growth and satisfaction.**

- Dating couples
- Engaged couples
- Newlywed couples
- Co-parenting
- Married couples
- Remarried couples
- Retired couples
- Pre-adoption

For more information regarding this modality, please visit the Prepare/Enrich website at: [www.prepare-enrich.com](http://www.prepare-enrich.com)

# PURPOSE & SCOPE

**We know asking for help can be hard, so we make finding solutions easy.**

Union EAP'S Couples Coaching Program is designed to support partners in strengthening their relationships through structured assessments, guided conversation and practical skill-building.

This service is intended to help couples improve communication, identify strengths and growth areas, and develop tools to enhance relationship satisfaction.

This service is educational and coaching-based in nature, focusing on developing realistic goals, relevant skills and actionable strategies. Coaching sessions focus on facilitating insight, skill development, and intentional conversation, not diagnosis or treatment.

This program includes 6 coaching sessions with Union EAP following the **Prepare/Enrich** modality and assessment system. If there is a need to move forward with therapy after these coaching sessions are completed, the couple will be referred to an external provider that fits their needs.

## This program:

- Is **not** psychotherapy or mental health counseling
- Does **not** diagnose or treat mental health disorders
- Does **not** replace individual, couples, or family therapy
- Is **not** crisis intervention or trauma treatment
- Does **not** replace mediation or supersede the provisions of legal/custodial advice

If a couple requires clinical therapy, treatment for mental health concerns, substance use treatment, or crisis support, Union EAP will assist with appropriate referrals to licensed providers. All out of pocket costs and/or copays will be the responsibility of the referred couple.